

VITAL SIGNS



VOL II No. 6

Naval Regional Medical Center, Orlando, Florida

1 March 1980

NRMC's Sailor of the Year

HM1 J. E. Craig, USN

Petty Officer John Edwin Craig, USN, has been selected as NRMC Orlando Sailor of the Year for 1979. HM1 Craig is assigned to the Occupational and Preventive Medicine Service. He was the Sailor of the Quarter for the 3rd Quarter, 1979.

HM1 Craig has a total of 8 years Naval service. He received Recruit Training at RTC, San Diego and then reported to the USS TRUCKEE (AO-147) where he served for 2 years. He attended Hospital Corps School at Great Lakes and was subsequently assigned to the Medical Detachment, MCRD, Parris Island, SC, for 17 months. HM1 Craig went to civilian life for 5 years until April 1975, when he re-entered the Navy and was assigned to the USS BRYCE CANYON (AD-36). He then attended PMT School at NRMC Oakland, and arrived at NRMC Orlando in February 1979.

HM1 Craig is married to the former Brenda Savage of Hot Springs, Arkansas, and they have one child, Scott Anthony, 11 years old. They reside in Navy Housing at NTC Annex. HM1 Craig is the WEBELOS Leader for Cub Scout Pack #55. He is also an avid fresh water fisherman, specializing in large mouth bass.

Congratulations to Petty Officer Craig and his family on being selected as NRMC Orlando Sailor of the Year for 1979.



HM1 John E. Craig

Congratulations are also in order to MM1 Joseph M. Huggins, USN, Security Service, and HM2 Donald W. Ford, USN, senior corpsman, ENT Clinic, who also participated in the competition.

HM3 Kevin Johnson selected as Commander's Cup MVP

On 27 February, the Commander's Cup Basketball League wrapped up another season. Highlighting the evening, was the selection of the Most Valuable Player. The Coaches and Team Captains of the 14 teams participating in the League took part in the voting. Their choice was HM3 Kevin Johnson, Captain of NRMC's Team #1.



HM3 Kevin Johnson

Petty Officer Johnson was chosen for being the leading scorer and re-bounder and for being the driving force and key man behind NRMC's #1 team. He has been instrumental in leading them to two NTC Championships, the South Atlantic Regionals, and the South Atlantic Zone Championship.

Petty Officer Johnson will be presented the MVP trophy at the Awards Ceremony, 5 March at 1200 at the NTC Gymnasium. Also being honored at the ceremony, will be NRMC Team #3. They will receive the Sportsmanship Award.

Continued on Page 8

VITAL SIGNS

Page 2

1 March 1980

February personnel inspection

Noted for excellence

LCDR F. Isaac, MC
LCDR J. F. Leonard, MC
HM1 L. L. Griffin
HM3 I. Martinez
HM3 W. P. Macchi
HM3 E. Kehoe
HN P. Lugo
HN C. J. Giles

Whoooizzit???



DO YOU KNOW THIS STAFF MEMBER? (Answer on Page 8.)

Vital Signs staff

Editor:
HMCM(SS) R. C. Clements, USN
Managing Editor:
Mary V. Van den Heuvel
CDR N. J. Stewart, NC, USN
HM2 S. P. Foster, USN
HM3 E. Kehoe, USN

IFSEA (Orlando) re-elects LCDR Manley

Second term as President

LCDR Edward H. Manley, MSC, USN, Chief, Food Management Service, has been re-elected to his second term as President of the Orlando Branch, International Food Service Executives Association. Mr. Harry Belch, a cook foreman in the NRMC Food Service, was installed to his second term as Branch Secretary. The installation dinner was held 21 January at the Citrus Club, on top of the CNA Building. The NRMC staff was well represented including Captain Schefstad and Commander Loar.

The IFSEA is the sponsoring organization for the Navy Ney Awards for the best mess at fleet and shore activities. It is also involved in scholarship awards for people studying in the food service field. There are 100 members locally, representing hospitals, schools, restaurants, military and others. The Orlando Branch will be hosting the 1981 International Convention.

Other NRMC staff members who belong to IFSEA are: Oliver Bellamy, Flora Henrickson, Ulysses Hood, Albert Larrivee and Thomas Van Ells.

We're glad you're here!

LTJG B. A. Agnew, NC, from NRMC Charleston
HM2 D. K. Pennebaker from NRMC Portsmouth
HN C. A. Boozer from HCS GLAKES
HN N. Lane, Jr., from HCS GLAKES
HA D. M. Ambrozak from NSHS SDIEGO
HR K. A. Keltz from NSHS SDIEGO
HR T. S. Miller from HCS GLAKES
HR P. J. Miller from NSHS SDIEGO

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Commanding Officer: CAPTAIN J. A. ZIMBLE, MC, USN
Editor: HMCM(SS) R. C. CLEMENTS, USN

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LAB LINE

By LCDR J. D. Coteltingam, MC, USNR

The NRMC Blood Program

The Blood Bank and Donor Center at NRMC Orlando are key components of the Laboratory Service. While the needs of patients at NRMC are of prime importance, the blood bank also supports the needs of other Naval and military hospitals. This is accomplished through the Navy Blood Program, a regional system established to better utilize and conserve a valuable resource. NRMC Orlando serves as the center for the Navy Blood Program in Florida.

CDR Joe Beene is responsible for the day to day operation of the Florida area blood system, which is one of four regions comprising the Navy Blood Program.



CDR Joe Beene, MSC

intended recipient. This function is very capably performed by Miss Linda Proffitt,

blood bank technologist. In the blood bank, Miss Proffitt is also involved in checking obstetrical patients' serum for irregular antibodies and newborn babies' red cells for dangerous coating antibodies. As a result of her effort, the blood bank

always receives high marks from a number of blood bank accrediting groups, including the American Association of Blood Banks.

As the blood donor center must assist in meeting the needs of military personnel and their dependents, donors

are frequently sought from the Service School Command and Nuclear Power School. Support from these groups has been commendable as approximately 30 pints of blood per week are collected. For the convenience of the donor, the collecting center is located in the NRMC Annex. Donations are taken every Tuesday from 0900 until 1600.

After the last donor has been seen, the work of blood donor center personnel has barely begun. The blood must be spun to separate the red blood cells from the plasma so that many patients may be treated from one unit of blood. Each unit of blood must be tested to determine ABO group, RH type, presence of unexpected antibodies, hepatitis virus and venereal disease.



HMC Richard Nannie



Linda Proffitt



HM1 Michael Derby

HMC Richard Nannie heads up an excellent blood donor team which stands ready, day or night, to make a priceless commodity available to any patient in need. When not involved in the donor center, Chief Nannie supervises the sickle cell laboratory, the NRMC Annex Laboratory, and the Radioimmune Assay Laboratory. Assisting HMC Nannie in the Blood Donor Center are HM1 Mike Derby and HM2 Ed Wiley.

The magnitude of importance which is placed on the work performed by these key individuals cannot be over-emphasized. There is no room for error from the time the blood is taken from the donor until it is received by the patient. We are indeed fortunate to have this superb group of people in an area which is vital to patient care and the Navy Blood Program.


**Chaplain's
Comments**
By CDR W. E. Tumblin, CHC, USN
FINDING A GOAL AND KEEPING ONE'S JUDGMENT

Jesus warned of religious leaders who are dangerous with his famous exclamation, "Beware of false prophets, men who come to you dressed up as sheep while underneath they are savage wolves." (Mt. 7:15 NEB). He also pointed to a useful criteria by adding, "You will recognize them by the fruits they bear." In issuing the warning, Jesus refused to take all responsibility for careful evaluation of leaders and movements away from his disciples. Rather, he placed it squarely upon their shoulders. Deceitful, dishonest, destructive people are a threat to life. But they may appear relatively harmless when passing themselves off as educated, entertaining, enthusiasts who promise quick profits, financial or spiritual.

But rather than despair over being able to recognize early every religious con artist that comes along, start taking off your masks. One of the beatitudes of Jesus says, "Blessed are the pure in heart, for they shall see God." Purity of heart, Soren Kierkegaard reminded us, "is to will one thing." To have one overall, guiding plan for living is to will into being a spiritual purpose in life rather than to be driven by aimless wants, fears, and activity. In sports terms this translates, "The best defense is a good offense." A game plan is necessary for victory. A clearly defined mission insures success in achieving the mission.

The season of Lent brings rewards to those who discipline themselves in serving God. "Seek first the Kingdom of God...." requires trustful, faithful willful discipline. But the apathy of "Too-many-to-do-well-any-one-thing" is spiritually fatal. God's kingship is life-giving and love-sharing while journeying through this world. And God leaves intact the special you that laughs, dreams, and generally falls flat on your face at least once a week.

**... From the
other side!**
By LCDR M. E. DeCicco, MSC, USN

Did you know that NRMC Annex's arm of service extends directly into the Nuclear Power School? This administrative program was initiated to physically locate student medical records at the school, to verify qualification for the nuclear field and submarine duty of all students, and to maintain these records on a routine basis. The maintenance of the medical record does not present the problems as much as the magnitude and dynamics of the situation. Class size ranges from 500 to 600 students and there are 8 classes graduating per year. The Orlando Nuclear Power School was opened after the schools at Bainbridge, Maryland and Vallejo, California were closed and consolidated.

The staff of the medical records section, headed by LCDR M. E. DeCicco, MSC, USN, a radiation health specialist, is composed of HM1(SS) A. Loveless and Mrs. Dolores Gress. Nuclear Power Students also supplement the workforce to handle record processing. The administrative medical records section at the school has been complimenting the fine services the Annex provides in the form of physical exams, sickcall facilities and other medical care. The alleviation of some of the paperwork nightmares of record maintenance has made the Annex's task less confusing and more manageable.

We're sorry you're leaving!

CAPT J. M. Redgate, NC, retiring
LCDR C. Z. Carlton, NC, to Royal Naval Hospital, Haslar, Gosport, Hampshire, England

HMCM W. Calicott, retiring

HM3 K. Johnson, to civilian life

HM3 D. P. Ead to AHS, Fort Sam Houston

HM2 M. L. Simpson on separation leave

HM1 F. N. Ledfors to NSHS San Diego

HM2 S. L. Jackson to NSHS San Diego

HN J. J. Smith to NSHS Portsmouth

Mrs. Mildred L. Mansfield retires

By HMCM(SS) R.C. Clements, USN

Mrs. Mildred L. Mansfield, the Commanding Officer's Secretary, retired on 22 February after serving 25 years in Federal Service.

Millie's initial exposure to Federal Service occurred on 25 April 1955, when she was employed by the Manpower Office, Air Force Base, Orlando. She assumed the position as secretary to the Hospital Commander, 1360th USAF Hospital, Orlando, in May 1959. Millie served in this position until July 1968, and was retained as secretary to the Commanding Officer, Naval Hospital, Orlando, on commissioning. Since 1968, she has served as secretary to all the commanding officers of the Hospital.

Present at the retirement ceremony was Captain William G. Lawson, MC, USN (Ret.), the first commanding officer, and for whom the Ward 17 conference room was dedicated.

All four of Millie's bosses were present to honor her at the retirement ceremony. In addition to Captain Lawson, Captain George W. Taylor and Captain Alton L. Powell, all retired and living in the Orlando area, were on hand.

Captain Zimble presented Millie with her retirement certificate, a letter of commendation, a special plank owner plaque gleaned from Ward 13, and the Chaplain presented her with a plant for her loyal support of the Moments of Meditation held every Thursday.

Her many friends gathered on Ward 17 to wish her bon voyage and much health and happiness during her retirement. We will miss you, Millie!



Captain Zimble presents Millie her Retirement Certificate

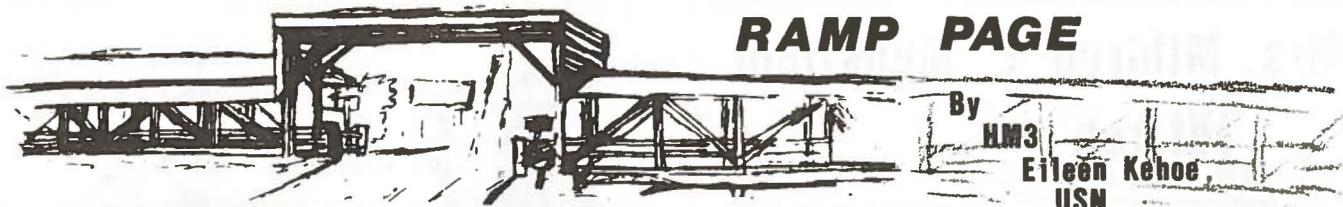


... and Plank Owner's plaque



Husband, Jack, assists with cake cutting

RAMP PAGE



By
HM3

Eileen Kehoe,
USN

Do you think the U.S. should boycott the Moscow Olympics?

HM2

M. Gribben,
Pharmacy:



I think a financial embargo would be far more effective. Boycotting the Olympics is a weak move -- but it is better than nothing.

Millie Mansfield, CO's secretary: Yes, I think we should. If something



isn't done to check the Russians, they will continue to take advantage of other nations and continue to harass us.

HM3

D. Parrish, CSSR:



No, we should not because the government does not support the Olympics. I do not believe that politics should be brought into sports.



HM3

B. Lister,
Pharmacy:



I believe the athletes should be the ones to decide. They trained for it. Politics should not be a part of it.

HR

Peter Miller, Ward 12:



Definitely, because by doing that it would show the Russians that we mean business. They should move the Olympics to another place altogether.

Chauncey Jackson, Food Service: Yes, I have to



agree with what the President said, and that is, you can't do business as usual while the Russians are in Afghanistan.



Barbara Biggie, Fiscal & Supply Svc: No.... and there is no way to keep politics out of the



decision... and there will probably be political problems during the Olympics.. it can't be avoided.

HN Ned Lane, Ward 4: Yes. In recent times, the U.S. has seemed to



take passive roles and weak positions, particularly with the Iranian and Afghanistan situations. Therefore, by boycotting, we will show the world some force.

Judy Larson, Data Processing: No. The kids have worked long and hard to get there.



It would be unfair to let politics keep them from achieving their goals.

HM3

B. Pearce, Ward 9:



If the President says yes, we should. When you consider how shaky things are over there and think about Munich... our athletes would be safer not to go.

VITAL SIGNS

SUPPLEMENTAL PAGE D

1 March 1980

Patient Contact extraordinaire



Captain Zimble extends his appreciation to Mrs. Mary Lou Brown.

Mrs. Mary L. Brown, a Licensed Practical Nurse in the Acute Minor Care Clinic, has done more than her share to insure that NRMC's Patient Contact Program will be tops in the nation. She was presented a Letter of Appreciation by Captain Zimble on 27 February, which read in part: ".... The personal, sincere, interest you show in the care of each patient you assist was emphatically exhibited in a recent incident with a very young mother and child. Your knowledge and experience in crisis situation management may have intercepted and abated a more serious problem. You were able to make expeditious referral to the pediatric clinic which provided immediate treatment and relief to the mother and child. When you learned that the mother and child were temporarily separated from the father and suitable accomodations could not be arranged for them, you took it upon yourself to provide them with a place to stay in your own home. Not only were they integrated into your family unit, but when the husband arrived you also included him as a member of your family....

"Actions such as these are greatly appreciated by the command since they enhance the overall health care delivery provided....."

Congratulations, Mrs. Brown!



FEDERAL WOMEN'S PROGRAM

By Carolyn Smith, NRMC'S FWPM

Women expanding their horizons

The guest speaker for February's In-House Program was Joe Sandoval, NRMC's Employee Relations/Development Specialist.

Mr. Sandoval gave a very interesting presentation entitled "Expanding Your Horizons." He mentioned that a large number of Civil Service women employees are seeking promotions which will enable them to move up from the steno/typing clerical positions to positions within the management level. Some of these women have entered Civil Service with their college already completed. Others are diligently pursuing their education at night school. Mr. Sandoval stressed the fact that one of the most important steps for women seeking advancement is to contact one of the Staffing Specialists at Civilian Personnel. By taking advantage of the counseling, they will receive expert guidance on the advancement paths to follow as well as the educational requirements. Mr. Sandoval also discussed the Special Intern Programs with a four-year degree. He has a pamphlet available in his office for anyone who may be interested.

A film "Women in Management - Threat or Opportunity" was also shown. Female employees are being utilized and considered for positions other than the "Female" secretarial/clerical area. They are breaking out of the traditional roles, sharing family responsibilities and being more aggressive by competing for positions in management. Female employees are showing a willingness to climb the ladder of success. WOMEN CAN, AND DO, GET THE JOB DONE!

What's
your
10-20?



NURSING**SERVICE**

By CDR N. J. Stewart, NC, USN

Communicable diseases

Since we are a caring institution, a healing institution, maybe we should ponder long enough to look at ourselves and the diseases that plague us -- as the weeds and diseases have done my lawn. Living in Florida has been an experience in horticulture as well as life itself. The problems probably existed in other places but perhaps I became more aware of them here. I've become extremely aware that you don't have to plant weeds to have a bumper crop but nice healthy plants take constant care. It's like life itself -- to have something worthwhile, of value, you have to take care of it. You have to constantly fight off the weeds and diseases that destroy it.

Some of the diseases that I've seen crop up at our NRMC could be devastating to the beautiful blades of grass that are attempting to unfold. One disease that can be pinpointed is "indifference." Adlai Stevenson once said, "It is easier for some people to fight their own principles than to live up to them." Just recently in the passage way in Building 3000, one of our very own senior staff members announced to another that they had a skate job and planned to skate for the next two years -- that must be a sickening way to feel about one's job and one's self worth.

Another disease to be on the lookout for is "indecision." The people who have this disease are well aware of it by the calluses on their bottoms from riding the fence; always afraid of getting off on the wrong side. John W. Foster says, "A person without decision can never be said to belong to himself."

Doubt is another disease that strikes like the plague. Self doubt is probably the worst kind; it truly can destroy an individual. To me, believing in myself is a much better gamble -- how about you?

"Believe that life is worth living and your belief will help create the fact." William James.

Over-caution is the fourth disease. I'm not saying a little caution isn't good but over-caution can be bad. These are the people who stand at the pool side testing the water with their big toe, waiting for the water to get just the right temperature. So many people miss out on the swim because they just won't take the plunge. How often I've heard folks say to each other, "Just hang in there, things are bound to get better." False promises! They won't get better unless you make them better. I won't say that it's not risky sometimes but then life itself is a risk. There is no guarantee that any of us are going to get out of it alive. Just remember, risk and opportunity rise side by side. "Every noble acquisition is attended with its risks; he who fears to encounter the one must not expect to obtain the other."

Metastasio

Another problem easily recognizable by most of us is pessimism. We all know a few pessimists. They don't try to find out what's right, they look for things wrong. They look for faults, not virtues. They look so low through the window of life that they can't see the sunset, they see specks on the window. "Ugliness without tact is horrible."

Nathaniel Hawthorne

The sixth disease is putting someone else down to make you look good or blaming someone else for your own failures. Now that's ugly! "Truth is not exciting enough to those who depend on the characters and lives of their neighbors for all their amusement." George Bancroft. I have to agree with Josiah Holland when he said, "Gossip is always a personal confession either of malice or imbecility."

The last disease I'm going to mention is the most deadly - complaining - quick and deadly. Five minutes of this and our blood streams are poisoned.

To look good come harvest time, guard your crops with a passion.

the Family Line



By CAPT C. Victor Romano, MC, USNR

The MODERN little red hen

Once upon a time, there was a little red hen who scratched about the barnyard until she uncovered some grains of wheat. She called her neighbors and said, "If we plant this wheat, we shall have bread to eat. Who will help me plant it?" "Not I," said the cow. "Not I," said the duck. "Not I," said the pig. "Not I," said the goose. "Then I will," said the little red hen, and she did.

The wheat grew tall and ripened into golden grain. "Who will help me reap my wheat?" asked the little red hen. "Not I," said the duck. "Out of my classification," said the pig. "I'd lose my seniority," said the cow. "I'd lose my unemployment compensation," said the goose. "Then I will," said the little red hen, and she did.

At last it came time to bake the bread. "Who will help me bake the bread?" asked the little red hen. "That would be overtime for me," said the cow. "I'd lose my welfare benefits," said the duck. "I'm a dropout and never learned how," said the pig. "If I'm to be the only helper, that's discrimination," said the goose. "Then I will," said the little red hen.

She baked five loaves and held them up for her neighbors to see. They all wanted some and, in fact, demanded a share. But the little red hen said, "No, I can eat the five loaves myself." "Excess profits!" cried the cow. "Capitalist leech!" screamed the duck. "I demand equal rights!" yelled the goose. And the pig just grunted. And they painted "unfair" picket signs and marched round and round the little red hen, shouting obscenities.

When the government agent came, he said to the little red hen, "You must not

In memoriam

On 25 February, the NRMC Orlando staff attended a Memorial Service for LCDR Robert T. Roy, MSC, USN (Ret.), who passed away on 17 February. The Memorial Service was held in the William G. Lawson Room and was conducted by Chaplain Tumblin. Memorial remarks were made by Captain J. A. Zimble, MC, and the Eulogy was given by LCDR A. D. Saleker, MSC.

LCDR Roy was a member of the staff from October 1973 to the time of his retirement on 16 July 1979. During his tenure, LCDR Roy served as a Podiatrist at the NRMC Annex.

He is survived by his wife, Corrine, and his two children, Lorrie Lynn and Caryn Louise.

be greedy." "But I earned the bread," said the little red hen. "Exactly," said the agent. "That is the wonderful free enterprise system. Anyone in the barnyard can earn as much as he wants. But under our modern government regulations, the productive workers must divide their product with the idle."

And they lived happily ever after, including the little red hen, who smiled and clucked, "I am grateful. I am grateful."

But her neighbors wondered why she never again baked any more bread.

Family Line "Quotes"

"Grant me the wisdom not to judge my fellow man until I have walked one mile in his moccasins."

Old Indian Proverb



Master Shipwreck

HMCM(SS) R. C. Clements, USN

Should everyone make the Navy a career?

My answer to this question is - NO! There are many service men and women who genuinely enjoy serving in the Navy and particularly the Hospital Corps. On the other side of the coin, however, there are those who have greater opportunities for achievement in the civilian community. When should a person stay in the Navy? Those personnel who do not have specific plans to attend school, concrete job opportunities, and those who are undecided about their future, should seriously consider staying in the Navy.

The recent changes in the PRD schedule now provide members of the Hospital Corps with the opportunity to see other facets of the Navy than just a Naval Regional Medical Center. By rotating to sea duty at the two year level, the individual is eligible for a 3 year GUARD III assignment ashore on reenlistment. Personnel, who qualify, are eligible to submit a "C" school request when they reach the 18 month level of total service.

Out-service educational benefits (college) are available at most large shore facilities. Additional education prepares an individual for future Naval service and to enter civilian life if they desire. If you are unsure of your future, try answering the following questions.

WHO ARE YOU?
WHAT ARE YOU?
WHERE ARE YOU?
WHERE ARE YOU GOING?
HOW ARE YOU GOING TO GET THERE?

If you have trouble answering these questions, please contact your enlisted advisor to assist you in finding the answers. The Educational Services office, on Ward 17, can assist you in determining your eligibility for specific programs. The Campus for Achievement Office, at NTC,

can provide you with information on the availability of out-service education in the local area.

I am available, at your request, to answer any question that you might have concerning career development. If I do not have the answer readily available, we will search for the answer together.

CRA NOTES



By Joyce Sienia



CRA BIRTHDAY GREETINGS TO: Judy Larson on 2 Mar; Retta Chadwick on 3 Mar; Sally Arvidson and Richard Weese on 8 Mar; Edna Swigonski on 10 Mar; Ulysses Hood and Aunita Padgett on 12 Mar; Jean Thomas on 14 Mar; Jane Callahan and Antonio Mercado-Ruiz on 20 Mar; Jane Smith and Doris Villar on 24 Mar; Manual Maldenado on 27 Mar; and Florence Robertson on 29 Mar.

Note: Those who do not wish to have their birthday published, contact Joyce Sienia in Patient Affairs, X5322, and your name will be removed from the list.

Captain's Table Luncheon



General Walt

General Lewis W. Walt, USMC (Ret.) was the guest speaker at the Captain's Table Luncheon, 21 February. General Walt presented his views on the current status of the U.S. Defense posture. He also indicated the means necessary to correct deficiencies which have existed

since World War II.

General Walt has authored three books: Strange War, Strange Strategy, 1970; America Faces Defeat, 1971; and, The Eleventh Hour, 1979. General Walt is the former assistant Commandant of the Marine Corps and has the most combat experience of any living American. General Walt resides in the Orlando area and is a devoted friend to the NRMC Orlando.



**ASK
THE
SKIPPER**



By CAPT J. A. Zimble, MC, USN

Shoptalk

In the near future, the new NRMC Orlando Command Action Plan and the Affirmative Action Plan will be published. The publication of these documents represents considerable input from the staff via the Human Resource Management Survey and the notable efforts of all members of the AAP/CAP workshop who met from 29 - 31 January. The plans were then presented to the Human Relations Council on 19 February for concurrence. To all of you who contributed to the formulation of the CAP and the AAP, I offer sincere thanks. Your participation guaranteed the grass root quality of those plans. They are yours -- designed by you and for your benefit. Now it's your job to ensure they remain viable.

Over the next several months, I should like to use this column to discuss additional subjects which were reviewed at the workshops, but which were not included in either the CAP or the AAP.

Today's subject is suggestion boxes. During my years in Navy Medicine, while assigned to various commands, the suggestion for a suggestion box has frequently surfaced. Surprisingly, the suggestion for a suggestion box has consistently reached command attention without benefit of a suggestion box!

I am adamantly opposed to the physical placement at one or more locations in the command of little wooden boxes which are labeled to invite suggestions. Items placed in such boxes rarely qualify as suggestions (i.e. unsolicited advertisements, discarded notices, candy and cigarette wrappers, assorted organic remnants and unidentifiable refuse, etc.) and those items which are suggestions frequently contain deletable expletives which could hardly be characterized as constructive. In fact, the opening of such

suggestion boxes could well be hazardous to my health.

Rather, I submit that NRMC Orlando currently has effective suggestion boxes. Inside one or more drawers of most desks at this command, you can find an envelope, capable of containing the most substantive of suggestions, which may be addressed to any desired recipient in the chain of command and marked "personal." By signing your suggestion, you can expect appropriate feedback, although anonymous suggestions will still be considered.

Like all other enterprises, management at your work site will be more to your satisfaction with your participation. When you have a helpful suggestion, I suggest you mail your suggestion box to me. I encourage your input.

HM3 Johnson wins MVP honors

Continued from Page 1

After leaving the Navy in March, HM3 Johnson plans to enter Central Florida University. Does UCF have a basketball team? You bet... and Kevin Johnson hopes to be on it!

Your 10-20? Florida!! Travel Navy!

Who'sizzit?



It's LCDR Bruce D. Guy, NC, USN, the Charge Nurse on Ward 4. LCDR Guy served in the Navy as a Corpsman from 1959 to 1962. He attended the Mary Hitchcock School of Nursing in Hanover, NH, as a Navy Nurse Corps Candidate. He was graduated and commissioned in May 1970. He reported here for duty in September 1977. LCDR Guy and his wife, Grace, have three children: Michael, Bruce II, and Sean. LCDR Guy claims Gaysville, VT, as his hometown.